

Pico de Gallo

3 large tomatoes, diced
1 medium onion, diced
¼ bunch cilantro, chopped
½ lemon, juiced (use juice only)
½ teaspoon minced garlic
1 tsp salt
jalapeños, 2 or more to taste, chopped

Place all ingredients in bowl, mix and serve. Makes 8 servings.

Nutrition information per serving: 23 calories, 1 gram protein, 0 grams fat, 5 grams carbohydrate, 297 mg sodium.